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December 2009

2008-2009 Annual Report

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2008–2009 ANNUAL REPORT

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Know how. Know **now.**

Land-grant universities work with the people they serve. University of Nebraska–Lincoln teaches, discovers new knowledge through research, and extends this research-based information across the state through extension programs. UNL Extension in Lancaster County develops and delivers educational programs which strengthen individuals, families, businesses and communities.

Extension helps you know how—and know **now.**

2009 Program Highlights

University of Nebraska–Lincoln Extension in Lancaster County responds to the evolving needs of Lancaster County residents. Here are some new programs or existing programs which gained extra emphasis this past year.



Bed Bug Education

Bed bugs are a growing problem in Lincoln and other Nebraska communities. To meet the need for research-based information, entomologist Barb Ogg has created several bed bug resources in print and online. This year she presented four bed bug workshops for landlords/property managers and others who need to know about managing bed bugs. She has worked with the Lincoln-Lancaster County Health Department and pest control companies on problem cases. Ogg is known as an expert and has been quoted in newspapers, TV, radio and was featured in a UNL “N the Know” Web video (pictured above).



residents how to identify and use proper control measures for bagworms:

- 46 Master Gardeners were trained by an educational PowerPoint program.
- a color brochure was created and more than 1,000 copies distributed to the public,
- a YouTube video was created and has been viewed 1,503 times,
- a Web page on the UNL Extension in Lancaster County Web site received 4,455 hits,
- articles were published from March–August in THE NEBLINE newsletter.
- 150 4–6th grade students from area schools, their teachers and sponsors participated in an “It’s in the Bag” program on bagworms.

Because of this six-month Bagworm Initiative, extension received fewer calls relating to bagworm damage in the fall.

Grain Drying and Storage Management

A cool summer and wet fall delayed the 2009 harvest in much of Nebraska. Many crop producers had to handle and dry higher-than-usual moisture grain. Extension Educator Tom Dorn is extension’s state-wide contact for grain storage questions. This year, he perfected an Excel spreadsheet grain drying model which he used to provide customized advice to nearly 200 producers asking about length of time to dry grain, maximum depth to fill their drying bins and/or how to keep energy costs low. Dorn summarized his Excel drying model in five “CropWatch” articles which were then reproduced and referenced in dozens of publications and blogs across the nation.

Handwashing Resources

With the spread of H1N1 flu virus came a nation-wide emphasis on proper handwashing techniques. Handwashing is the most effective way to prevent the spread of illness according to the Centers for Disease Control and Prevention.

Free hand-washing materials on the Web —

extension has previously partnered with the Lincoln-Lancaster County Health Department to develop several handwashing materials which are available free on the Web: an English/Spanish see '09 HIGHLIGHTS on next page



15-to-1 Return on Investment

A 2007 study by an independent organization found the University of Nebraska–Lincoln’s Institute of Agriculture and Natural Resources (which includes extension) provides Nebraskans more than a 15-to-1 return on tax dollars invested (<http://atworkfornebraska.unl.edu>). Here are some examples of the value your extension brings to our community.

For every \$1 spent on the Expanded Food and Nutrition Education Program, a potential health care savings of \$2 to \$17

results from the prevention or delayed onset of nutrition-related chronic diseases and conditions. Last year, Lancaster County NEP reached:

- 988 adults who care for 3,469 family members.
- 6,913 youth (368 groups) at 28 schools and other sites.
- 558 older adults at 6 senior sites.



Extension Educator Tom Dorn provided customized advice about grain storage to nearly 200 producers and elevator operators. It is estimated this advice may **protect approximately 600,000 bushels of grain (mostly corn) from spoilage, worth \$2.25 million in market value.***

*Estimate based on preventing spoilage on average 5 percent of 60,000 bushels per producer/elevator operator, at a market value of \$3.75 per bushel.



Last year, UNL Extension in Lancaster County programs benefitted from approximately **1,440 volunteers investing 24,450 hours** of time for a total value of **\$495,113!***

Volunteers contributed to 4-H, Master Gardener, Nutrition Education Program (NEP), Family Community Education (FCE) and other extension programs. In addition, 4-H and FCE members often volunteer in community service projects.

*Independent Sector values volunteer time for 2008 at \$20.25/hour.



UNL Extension coordinates distribution and application of biosolids* to agricultural cropland for the City of Lincoln. Last year, nutrients in 35,000 tons of biosolids were **worth \$665,000** to participating farmers. This biosolids recycling program will **increase the life of the North Bluff Landfill by 4.9 years.**

*Biosolids are organic solids separated from wastewater and biologically processed to make them safe to use as an organic fertilizer for crops not in the human food chain.



“We know how to identify a bagworm infestation, make a rapid and effective response, and follow up with best practices.”

—Gene Veburg and Anne Holz of The Fort Western

'09 Highlights

continued from preceding page poster and activity sheet, a general poster, "Sink Those Germs" game, table tents and more. This past year, the handwashing Web page received 56,479 hits. Of respondents to an online survey, 98 percent indicated the materials were helpful and 98 percent said they'd use the materials to teach others. Numerous organizations across the nation, including major corporations such as Abbott Labs, requested permission to reproduce the materials.

Nutrition Education Program handwashing activity — Lancaster County Nutrition Education Program (NEP) staff present a handwashing activity when they deliver School Enrichment kits to elementary classrooms. In the 2008–09 school year, NEP taught 285 Lancaster County classrooms and nearly 5,400 students how to properly wash their hands to help prevent the spread of illness.

Connect. Learn. Share.

UNL Extension in Lancaster County now uses popular social networking Web sites to provide even more opportunities for you to connect, learn and share with your local extension office:

YouTube: extension has three channels and currently has 60 videos uploaded, including 46 Lancaster County 4-H videos!

Twitter: follow extension by quickly exchanging ideas in a "tweet"

Facebook: 4-H EGG Cam Fan Page — get regular updates, share photos, comments and discuss what's happening on EGG Cam.

Join us online at <http://lancaster.unl.edu/Media/index.shtml>

Middle School Nutrition Kits



Lancaster County Nutrition Education Program (NEP) staff have developed curriculum and nutrition kits for grades 6–8 titled "Nutrition: Mission Possible." The 2008–09 school year was the initial year for NEP's middle school enrichment program. All five qualifying LPS middle schools requested kits, serving 64 classrooms and reaching 1,381 students. Teachers recorded 683 hours of classroom instruction time, averaging 11 hours per classroom of direct nutrition education.

Garden at City Mission



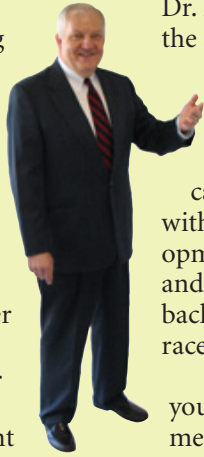
UNL Extension in Lancaster County and the People's City Mission have formed a partnership to help create a garden for residents at the mission. Extension provided the expertise, manpower, volunteers and networking to establish the garden area and teach residents how to care for and harvest garden crops.

Research Confirms 4-H Youth Are Leaders and Contribute to Our Community

Nebraska 4-H has a long history of preparing youth for adulthood. Today, more than one out of three Nebraska youth is building life skills through participation in 4-H. Locally, more than 23,000 youth experienced 4-H youth development in Lancaster County.

Why is this important? A research study shows youth development programs such as 4-H play a special and vital role in the lives of America's young people.

Supported by the National 4-H Council, researchers at the Institute for Applied Research in Youth Development at Tufts University, led by youth development scholar



Dr. Richard Lerner, conducted the study with assistance from land-grant universities such as University of Nebraska–Lincoln.

They found youth have the capacity to thrive when presented with the resources for healthy development found in families, schools and communities — regardless of background, socioeconomic status, race or gender.

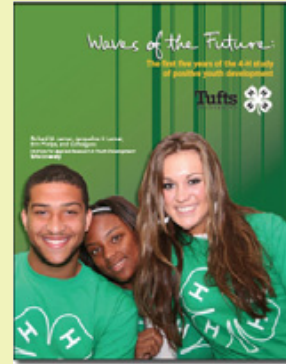
Positive youth development builds upon what has become known as the "Five C's":

Competence, Confidence, Connection, Character and Caring (Lerner,

etal., 2005). Youth development programs like 4-H, **reduce the likelihood of youth engaging in risk behaviors such as underage drinking, smoking, bullying and vandalism.**

In the end, the study confirms 4-H youth are leaders, achieve higher marks in school, and contribute to self and society — all helping to strengthen the communities where they live.

To learn more about the study, go to <http://4-H.org>



Gary C. Bergman

Gary C. Bergman
UNL Extension Educator
& Unit Leader

From NU to You

UNIVERSITY OF
Nebraska
Lincoln

UNL Extension in Lancaster County



UNL Extension utilizes multiple delivery methods to impact people in Lancaster County and beyond, 24 hours a day.

University of Nebraska–Lincoln extends research-based knowledge across the state through a network of local extension offices.

Phone

Person to Person

Media

Video/DVD

Internet & e-mail

Displays & Exhibits

Publications

Programs & Workshops

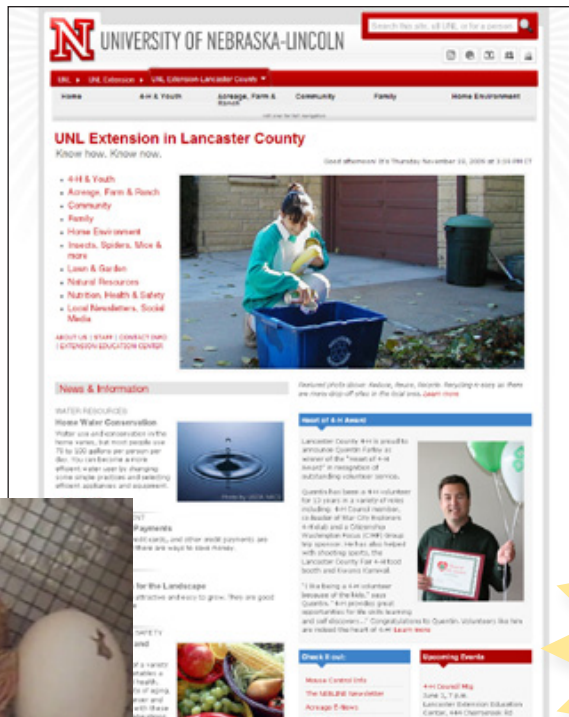
Youth Activities & Schools

<http://lancaster.unl.edu> is Your 24/7 Local Extension Connection

Through search engines and browsing, hundreds of thousands of people access UNL Extension in Lancaster County's Web site, <http://lancaster.unl.edu>, to find "Know How — Know Now" 24 hours a day, 7 days a week, 365 days a year. Visited by an average of 300,000 unique sites* each month, the Web site received more than 9.5 million hits (accesses) this past year!

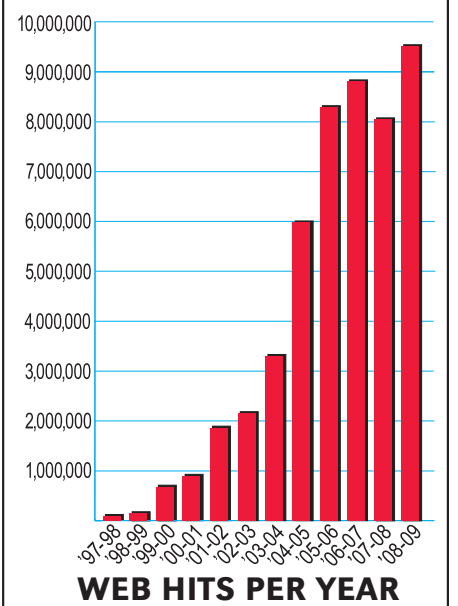
The Web site contains thousands of pages of content — featuring extensive resources, educational publications, a searchable database, Egg Cam, YouTube videos, quizzes, Master Gardener Diagnostic Center, outstanding photos and much more. The site is updated daily. Not only do Lancaster County residents, Nebraskans and Americans use the site; the site has Web users from nearly 150 countries monthly.

*unique site = IP address



New this year, 4-H EGG Cam (left) offered an improved view of chicks hatching online with live streaming!

9.5 MILLION HITS



WEB HITS PER YEAR

"I know how to use your Web site to find answers to many questions I have for problems around my home. Your site is very useful to me."

—Jack, Web site user

4-H Youth Learn Life Skills Through Learning-by-Doing

The University of Nebraska–Lincoln Extension 4-H youth development program is open to all youth ages 5–18. Emphasis is on developing life skills through learning-by-doing. In the past year, 4-H reached **more than 23,560 youth** in Lancaster County.



- Lancaster County 4-H consists of:
- **Organized Clubs** — Lancaster County has more than 110 4-H clubs. Each club ranges from 5 to 78 members and is led (or co-led) by adults. Youth choose officers to run meetings. Clubs usually participate in one or more projects together.
 - **Independent Members** — With increasingly busy schedules, more and more youth are becoming independent 4-H members. Youth work on 4-H projects on their own.
 - **Projects** — Youth can choose from numerous 4-H projects. Project manuals are developed by experts and most project manuals have accompanying leader guides.
 - **School Enrichment** — 4-H programs for classrooms include: Garbology (for 2nd grade), Embryology (for 3rd grade), Ag Awareness Festival (for 4th grade), Earth Wellness Festival (for 5th grade) and Nutrition Education Program (for K–8th grades in qualifying schools). These curricula meet Nebraska Curriculum Standards.
 - **After-School Programs** — 23 Lincoln after-school programs have incorporated 4-H projects into their activities, 5 sites have formed 4-H clubs and 26 summer sites participated in 4-H county fair exploration activities.
 - **4-H Embryology Web Site** — EGG Cam and other resources at <http://lancaster.unl.edu/4h/Embryology>
 - **Educational Events** — 4-H staff organize educational events each year such as Clover College, speech workshops and leader trainings. The 2009 Lancaster County Fair showcased 4,850 4-H exhibits.
 - **Leadership Opportunities** — 4-H Teen Council, 4-H Council, Citizen Washington Focus group and more.



This year's Clover College had 49 hands-on, educational workshops.



ESI: EntrepreneurShip Investigation is a new Nebraska 4-H project with county and state fair exhibits.



After being on hiatus for two years, the 4-H Llama show returned to the Lancaster County Fair, with alpacas added to the show.



A new Pick-a-Pig project in 2009 gave urban youth an opportunity to raise and show a pig.

"I know how to make a plan and take ACTION to help others in our community. This year our club collected blankets for People's City Mission."

—Paige Roach, 4-H member



Lancaster County had six 4-H Hippology Teams at the State 4-H Horse Exposition — all placing in the top 5 in their divisions!



A 4-H After-school Enrichment Entomology Kit was developed and piloted this year.

Honors, Awards and Accomplishments

Extension Associate Mary Abbott • 10 years of service with UNL

Extension Educator Lorene Bartos • 40 years of service with UNL

Extension Educator Gary Bergman

- President of the Eastern Nebraska 4-H Center Site Board
- co-presented a poster session "Nebraska Diamond Clover Recognition Program" at the National Association of Extension 4-H Agents (NAE4-HA) Annual Conference

Extension Educator Maureen Burson • national Distinguished Service Award presented by the National Extension Association of Family and Consumer Sciences (NEAFCS)

Extension Educator Tom Dorn • North Central Vice Chair of the National Search for Excellence Committee, National Association of County Agricultural Agents (NACAA)

- Treasurer of Nebraska Cooperative Extension Association (NCEA)

Extension Educator Alice Henneman

- international Helen Denning Ullrich Annual Award of Excellence presented by the Society for Nutrition Education (SNE)
- 1st place national Educational Technology Communications Award presented by the National Extension Association of Family and Consumer Sciences (NEAFCS)
- statewide Communicator of the Year award presented by the Nebraska chapter of the Association of Communication Excellence in Agricultural, Natural Resources, and Life and Human Sciences
- presented a poster session about "Supermarket Savings: Using a Web page, YouTube, Facebook and Listservs to Educate Consumers" at the Society for Nutrition Education (SNE) Annual Conference



(L-R) Maureen Burson and Alice Henneman

Extension Associate Deanna Karmazin

- co-presented a poster session "Nebraska Diamond Clover Recognition Program" at the National Association of Extension 4-H Agents (NAE4-HA) Annual Conference

Extension Associate Tracy Kulm • member of team receiving national

- Communicator Award for Periodical Publication (for the statewide "Spotlight on ... 4-H!" newsletter) presented by the National Association of Extension 4-H Agents (NAE4-HA) Annual Conference
- co-presented a poster session "Nebraska Diamond Clover Recognition Program" at the National Association of Extension Agents 4-H Section (NAE4-HA) Annual Conference
- co-presented a poster session "Engaging Youth in the Curriculum Development Process with Technology" at the National Association of Extension 4-H Agents (NAE4-HA) Annual Conference



Extension Assistant Dana Willeford

- 5 years of service with UNL
- Extension Educator Karen Wobig** • presented a poster session "A Strategy to Increase Nutrition Education in School Classrooms" at the North Central Urban Extension Conference
- 10 years of service with UNL

Lancaster County Nutrition Education Program

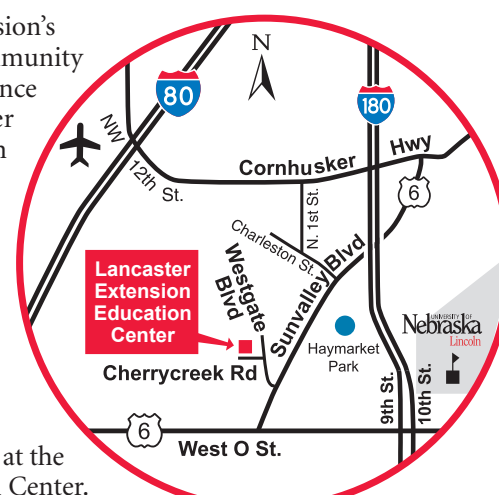
- part of Nebraska's Supplemental Nutrition Assistance Program – Education (SNAP-Ed) program which received Excellence in Nutrition Education award presented by U.S. Department of Agriculture SNAP-Ed
- Embryology 4-H School Enrichment Program**
- showcased in October 2009 Kiwanis Magazine International

AmeriCorps Member is part of Go-Green Initiative

This year, Sarah Bailey (pictured above) joined UNL Extension in Lancaster County as an AmeriCorps State and National member. AmeriCorps places members in local organizations for one-year terms. Sarah is a part of the AmeriCorps Recovery-Go Green Initiative which provides community outreach and service focused on environmental issues. At extension, Sarah works primarily with 4-H school enrichment and 4-H after-school programs.

Lancaster Extension Education Center Conference Facilities

As part of extension's commitment to community learning, the conference facilities at Lancaster Extension Education Center are made available to other nonprofit and governmental organizations at a nominal cost. Last year, more than **4,948 hours of conferences and meetings** were held at the Extension Education Center.



Extension Helps You Put Knowledge to Work

Yard & Garden

UNL Extension plays a vital role in teaching communities horticulture issues customized for local weather, water, soil and pest conditions. Extension helps property owners develop healthy, diverse and functional landscapes that are energy and water efficient, as well as less dependant on pesticides.

Extension Educator Don Janssen works with the City of Lincoln to educate the public about reducing yard waste through composting, mulching grass clippings and other yard management practices.

The Master Gardener Training Program is a volunteer program where people are given training by UNL



Last year, 228 residents attended one of 10 composting workshops presented by extension.

personnel and then in return, provide 40 hours of volunteer service to extension's educational programs. Extension Associate Mary Jane Frogge coordinates the Master Gardener program for Lancaster County.

Farms & Acreages

UNL Extension continues to make agricultural profitability and sustainability a priority issue. Extension Educator Tom Dorn fulfills this goal through numerous workshops and meetings, educational resources, person-to-person contacts and an up-to-date Web site.

Some of the agricultural programs presented this year include: Crop Production Clinic, Private and Commercial Pesticide Applicator Trainings, Farmland Leasing Arrangements workshops and a Corn/Soybean Profitability workshop.

Residential acreages are rapidly increasing in Lancaster County. Extension delivers information on a wide range

of issues related to acreages such as proper management of septic tanks and wastewater lagoons, landscape management and alternative crops profitable for acreages. Extension offers an Acreage and Small Farms Insights Web site and monthly e-mail newsletter at <http://acreage.unl.edu>

"I know how to put a value on crop residues and I know more about bioenergy."

—Steve, attendee at Corn/Soybean Profitability workshop.

Nutrition & Food Safety

To help people learn how to eat healthier, extension blends nutrition, food safety and food preparation information into practical actions individuals can use in their daily lives.

Educational materials developed by Extension Educator Alice Henneman for use in local programs (such as PowerPoints and handouts) are made available on the Internet for around-the-clock access, both locally and nationwide. Extension's food Web site received more than 4 million hits last year, extending the outreach of our food and nutrition-related programs in a timely and cost-efficient manner. This year, a Nutrition, Food Safety & Cooking YouTube channel was established and 10 videos uploaded to it which received 8,782 total "views."

The Lancaster County Nutrition Education Program (NEP) helps limited-resource families learn to prepare nutritious and safe foods



Extension Educator Alice Henneman (left) partnered with Buy Fresh Buy Local Nebraska to promote the benefits of locally produced food.

while stretching their food dollars. NEP receives funding from the Expanded Food and Nutrition Education Program (EFNEP) through USDA and the Supplemental Nutrition Assistance Program—Education (SNAP-Ed). NEP partners with more than 200 local agencies, coalitions and schools.

Pests & Wildlife

UNL Extension in Lancaster County has extensive resources to help identify pests and recommend control methods. Emphasis is on low-toxic control methods. Extension Educator Barb Ogg and Extension Associate Soni Cochran assist area residents via phone calls, walk-in requests, e-mail questions, publications, workshops and radio.

Extension's pest and wildlife Web site received nearly 2 million hits last year.

Ogg often partners with community organizations and industry professionals in training and disseminating pest control resources and assistance. For the fifth year in a row, Ogg organized a two-day, hands-on Termite School for Termite Applicators.

Home & Family Living

Extension Educator Lorene Bartos shares her expertise on home maintenance, indoor air quality, lead paint hazards, safety in the home, shopping smart and recycling through THE NEBLINE, extension's Web site, her weekly column in the "Lincoln Journal Star," group presentations and other outreach methods. This year, more than 100 individuals registered for a new, 13-week online program, Small Steps to Health and Wealth.

UNL Extension is part of the Lancaster County Coalition to assist Children of Parents Experiencing Divorce (COPEd), and co-presents Parents Forever and Kids Talk About Divorce classes. Extension Educator Maureen Burson teaches Parents Forever and Guardianship Training classes in Lancaster County. She also organized a Strengthening Families: Daughter/Mother Camp this year.



This year, extension co-presented a Family Treasures: Student/Parent Day Camp for Huntington students and family members.

"I know how to make a budget now and am learning how to save my money and fix my credit."

—RentWise participant

Family & Community Education (FCE) Clubs

The Family and Community Education (FCE) clubs are an educational, social and community-oriented program designed to meet the needs and interests of Nebraska homemakers. FCE members help strengthen communities and families through education, leadership and action. Lancaster County FCE's emphasis is on community service and sponsoring a nursing scholarship. In the past 11 years, FCE has awarded \$2,775 in total scholarships.



Five FCE & Community Leader Trainings were held in 2009.



Extension is a Division of the Institute of Agriculture and Natural Resources at the University of Nebraska—Lincoln cooperating with the Counties and the United States Department of Agriculture.

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